

Safe food, safe kitchens

Some foods need to be stored in the fridge or freezer to keep them fresh and safe to eat.

Freezer

Bread (3 months)

Raw meat (2–4 months)

Place in the fridge the day before cooking to defrost.



Frozen ice packs or water bottles can be placed in school lunchboxes to keep food cold.

Fridge

Cheese, yoghurt



Food in jars and bottles

Should be refrigerated after opening.

Milk (5–7 days)



(Safe storage times are shown in brackets)



Margarine

Cooked foods (2–3 days)

Cover and store in fridge.

Meat (3–4 days)

Store on the lowest shelf.

Eggs (3–4 weeks)

Foods made from milk or eggs should be kept cold.

Fruit and vegetables

(3–4 days) Store in the crisper.